

WHOLE SYSTEM APPROACH- Need of post pandemic world for balanced social, mental, and physical health

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Recently from 8th to 11th Dec 2022 , world Ayurved congress international conclave which is one of the prestigious in Ayurved world was held at Goa kala Kendra. And the new thought was put forward for Ayurved fraternity by hon. Secretary Vd Rajesh Kotechaji and that is WHOLE SYSTEM APPROACH.⁽¹⁾ pandemic situation of SARS Covid -19 made everyone to suffer in one and another ways. In this pandemic again all medical ,traditional and para medical fraternity once again⁽²⁾ united spontaneously to fight with covid 19 as that was the need of survival of all of us, and this way once again the principle of symbiosis for survival of universe proven again practically.

All scientist and experts from all healing related fraternity started brain storming against the challenges created by nature and option has remained to accept the whole system approach⁽³⁾.

As per the changes by global warming kind of issues, in the basic constitutionals of nature, the public health challenges started coming more and more in critical ways⁽⁴⁾. In this scenario all healing medical traditional and para medical fraternities started realizing their limitations and so the newer experiments were started which was very much spontaneous, timely needed . Timely it is observed that these experiments started getting successful⁽⁵⁾.

Everyone from public health group started thinking **how one can apply their science to overcome the pandemic situation with the help of newer methodology in available resources and started innovations in that.**⁽⁶⁾⁽⁷⁾ **The successors started to practice that in better ways with newer collective actions, and this way once again the whole system approach started coming in practices in not only india but also throughout entire world**⁽⁸⁾⁽⁹⁾.

The whole system approach (WSA) was firstly evolved and experimented in scotland which means “An ongoing, flexible approach by a broad-range of stakeholders to identify and understand current and emerging public health issues where, by working together, all together can deliver sustainable change and better lives for the people of society” this experiment was researched and innovated by many ways in concerned of public health.⁽¹⁰⁾⁽¹¹⁾

Firstly it was started with understanding the issues with its reference, context , exact causative factor in larger way in wider aspect. Research for newer ways with utility of available resources for the solutions of the problem is the

integral part of this approach. Then creation of action plans and its operational definition should be innovated with the consideration of limitation of available sources and should be designed to form a protocol. Application of this protocol and monitoring the result is the integral part of innovation. Evaluation, feedback helps to improve system⁽¹²⁾⁽¹³⁾.

All available public health systems having their own limitations and are very useful in its own area of excellence. Every system has its own limitation and challenges so in this whole cycle one has to monitor continuously regarding the outcome of the innovations and it feedback is also necessary at every level for further changes for precise approach⁽¹⁴⁾⁽¹⁵⁾.

Allopathy, ayurved, homeopathy, yoga, sowa rippa, tibba, naturopathy And other traditional medicine and healing systems are the systems which can help every element in every situation all together in different combinations and as per situation are useful in many permutations and combinations but results should be monitored observed and discussed scientifically to overcome the problems in public health this entire experience should be documented with the help of standard research guidelines. This will improve the newer direction of sharing, learning and development the system for reducing the problems of public health. This will lead the harmony in medical sciences and will enhance the system for problem solving in public health.

Every feedback of benefices should be collected with the help of objective based standardized validated questionnaire and feedback should be shared with policymakers. The training to run this system should be provided through teaching learning system and development of skills will be done on systematic orientation of research methods for every graduate student so that they can think and find the newer ways to be productive part of this newer concept.

Every pathy should hink about interaction of drugs on the basis of concept of pharmacokinetics and pharmacodynamics and should be able to give the solution regarding newer health challenges of globe. Every practice should be based on basic principles of ethics otherwise it may lead to many challenges in society for mental and physical health. Other pillars of capacity building of researcher should be taken into well consideration. With the help of every new emerging technology in bioinformatics , all scientist should contributed for global health in the systematic way of whole system approach.

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